



## Sweet, Gentle Healing

**A Point of Essence session takes less than an hour.**

During the session, you encounter **The 7 Dis-Claimers,**

Which you unconsciously adopted so that you could function in this world, but which “dis-claimed” the real you.

By “playing” 7 energetic-level ritual games - a combination of gentle movements and the recitation of powerful statements, you replace the 7 dis-claimers with

### **The 7 Pro-Clamations:**

**You Pro-Claim the Truth of Who You Are.** You joyfully re-claim the “You-ness of You”, so that you can express your full Self, the full truth of your Being.

**The Point of Essence Process: Pro-Claiming the Truth of Who You Are** can lead to profound life-evolution and stirring soul transformation.

**The world is ready for you now.  
The world needs you and your vision now!**

To make an appointment for a POINT OF ESSENCE SESSION, Call  
**Jan Yordy Counselling**  
(519) 664-3568  
826 King Street North, Unit #16,  
Waterloo, Ontario N2J 4G8

## Learn More

about the principles and processes of Indigo spiritual healing and

## The Point Of Essence Process

Please read

## Spiritually Healing the Indigo Children (and Adult Indigos, Too!) The Practical Guide and Handbook

By Dr. Wayne Dosick & Ellen Kaufman Dosick  
Visit the website: [www.soulbysoul.com](http://www.soulbysoul.com)

### **Jan Yordy**

is a gifted therapist who specializes in working with Indigos. Since 1999 she has recognized and worked with Indigos and has raised two very special Indigos of her own!

Jan is passionate about helping Indigos and presents internationally about her work. In addition, she has produced an innovative video called **“Indigo Child, The Next Step In Human Evolution”**.

Jan’s interest in Indigos led her to study with Dr. Wayne Dosick to become a Certified Spiritual Facilitator for Indigos! To learn more about Jan’s helpful resources, workshops or Indigos, visit [www.energyconnectiontherapies.com](http://www.energyconnectiontherapies.com)

To experience “The Point of Essence Process” contact

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(519) 664-3568  
[yordy@energyconnectiontherapies.com](mailto:yordy@energyconnectiontherapies.com)

## The Point of Essence Process



## Proclaiming the Truth Of Who You Are

**Facilitated by Jan Yordy**  
M.Ed., MSW, EMDR Therapist  
**(519) 664-3568**

**Spiritual Healing For  
Adult Indigos**



## ***Strangers in a Strange Land***

Is life on this earth painful for you?

Do you ever feel as if you don't belong here?

Do you ever feel as if your inherent knowing is not acknowledged, your intuitive wisdom is not honoured, your felt-sense of experience is not embraced?

Almost no one understands or appreciates you?

Do you ever feel as if you have been hiding your real self all your life?

Do you ever feel as if even those closest to you do not know the real you?

Do you think of yourself as a failure?

Do you feel as if you never experience any real joy?

Do you yearn for a place that feels like "home"?



You may be an  
***ADULT INDIGO***  
still carrying the  
spiritual wounds  
of childhood.

## ***Indigos***

**Indigos come to this Earth retaining eternal knowledge; remembering the secrets from "the Other Side"; holding the God-vision of a perfect world.**

You were one of the first Indigos

**BUT**

**The world was not ready for you.**



Few understood your unique world-view and your special gifts. So in order to "get along", to "make it" in this world, you had to "go along".

The only way you have been able to exist in this world is to deny the essence of your Being. You have had to deny the full truth of who you are. You had to hide away your true Self. You have had to cover your Light. You have had to shrink from your greatness.

**For almost all your life, you have had to disclaim your Essence, your "I Am Presence", the "You-ness of You".**

You have felt the pain of the dissonance between your knowing and the everyday reality of a world that does not share your vision of perfection, and does not seem to understand or appreciate or honour you.

That pain has resulted in spiritual wounds that unrecognized and unhealed, have carried from childhood into adulthood.

Those spiritual woundings leave you feeling alienated, alone, a "failure". You are discomfited and dis-eased with being in a body and functioning on Earth.

**Now,**

**There is a way to spiritually heal those emotional wounds!**

## ***The Point Of Essence Process***

**Pro-Claiming the Truth  
of Who You Are  
is spiritually healing  
For Adult Indigos.**

Unblock your lifetime's constraints, restraints, and soul-suppressions.

Reconnect the "you-ness of You"  
With the Divine!

Affirm the full truth of your Self  
and the full expression of your Being.

Allow yourself to reclaim  
your Soul-purpose and  
your Soul-mission on Earth.

Renew your vision  
For a perfect world!

